



PREPCHAMPS ELITE COMBINE

Itinerary – 2/21/09

Check-in: 9:00am (Eastern Time)

- 1) Height
- 2) Weight
- 3) Reach

Start Time: 10:00am ET

- 1) Vertical Jump (3 Attempts)
- 2) Broad Jumps (2 Attempts)
- 3) Pro-Agility (2 Attempts)
- 4) L-Drill (3-Cone Drill) (2 Attempts)
- 5) 40yd Dash (2 Attempts)
- 6) Bench Press (185lbs x reps) (1 Attempt)
- 7) Position Drills

What you will need:

- 1) Cleats (all drills will be performed on the field turf, except VJ and Bench)
- 2) Shoes for Vertical Jump
- 3) Release form signed by your parent (attached to this e-mail; print, fill out, and bring to the combine!)
- 4) Something light to eat & drink (Energy Bar & water)
- 5) Mail in a video of your best 25 highlight clips on DVD to:

PrepChamps
2635 Meridian Pkwy
Suite 108
Durham, NC 27713

Facility Information:

D1 Sports Training Complex
7430 Commons Blvd
Chattanooga, TN 37421
www.d1sportstraining.com

Directions: (hold down the Ctrl button and Click on link for directions)

<http://www.google.com/maps?f=q&hl=en&q=7430+Commons+Blvd,+Chattanooga,+TN+37421&layer=&sll=35.036416,-85.150345&sspn=0.006545,0.013497&ie=UTF8&z=17&om=1&iwloc=addr>